



The Home Department

Conducted by Helen Watts McVey

My Prodigal

Last night the boy came back to me
in dreams—
The little lad, with merry eyes of
gray;
Came from far wanderings in stran-
ger-lands;
So long—so long since he had gone
away!
Unscathed by the world's wild strife
he came
Just as he went; and with his brave
young eyes
Mocked at the shadows by the great
world flung,
Facing the future with a pleased
surprise.

And I, grown old through patient
grief and pain,
Gave him sweet welcome to my
home and heart;
Laughed at his laughter as he dried
my tears,
Soothed by the thought that we no
more should part.
So, binding him with gentle cords of
love,
Lest he grow restive and away
again,
I followed where his wayward foot-
steps led,
And in his joy, my heart forgot its
pain.

But all too soon the cold gray dawn
dispersed
The slumber-mists from my sad
eyes away;
My empty, aching arms again out-
stretched,
I was too grieved, too desolate to
pray.
For on my shrinking heart, like
thrusts of sword,
The cruel truth beat out this sad
refrain,
"The boy, long-wandered among men,
is lost;
Only in dreams will he come back
again."

—Helen Watts-McVey.

Song Poems Wanted

Mrs. S. B. would like the words of an
old song, sung to her when a child,
over sixty years ago, by her mother,
commencing,

"When wild war's deadly blast was
blown,
And gentle Peace returning."

The subject of the song being a
"poor but honest soldier."

Mrs. F. S. B. wishes the poem en-
titled "No place for boys," commencing,

"What can a boy do—Where can a
boy stay
If he is always told to get out of
the way?"

Helps for Canning

Do not neglect to send to the de-
partment of agriculture for the bullet-
tins giving information about can-
ning. They are worth getting and
keeping, and the young housewife
especially should study them. Put-
ting up fruit and vegetables should
not be a haphazard matter, and there
is no need of so much waste of ma-
terials through spoiling. Every
housewife can find something to put
away for winter, if only a jar at a
time, or a tumbler of jelly or pre-
serves. It is not scarcity of material
so much as lack of thrift that eats
out the contents of the pocket-book.
It is not the waste in one home that
does the mischief, but the nation-
wide waste and careless handling of

the materials that should be gathered
up as a duty, as well as a pleasure
and profit. "That nothing be lost,"
we are commanded by One who con-
trolled the whole of nature.

Why They Bar Children

Now and then there is a great cry
raised against landlords who refuse
to let their premises to a family with
children; but in a great many cases
it is a necessity, if the landlord wants
to get his money out of the property.
He has to refuse to rent the prem-
ises to the family, because he knows
from dear experience that nearly all
children are perfect little vandals,
when it is a question of destroying
or not destroying property. They will
even destroy their own, and it is
true that mothers, far from restrain-
ing them in their destructive ener-
gies, will calmly go about, with a
little half-hearted "Don't do that
children," which has no more effect
than if she did not say anything.
In many families children do not
hesitate to scratch pictures, or lines
on the surface of the best furniture
at home or abroad, smear bread and
butter over the walls or upholstered
furnishings, and do untold destruc-
tion without their mother ever re-
proving them. It is all so unneces-
sary, too, for if the child is trained
right, there is nothing sweeter, or
more ornamental about a place. The
child must be taught from its earliest
moments, to respect the rights of
others, and to learn the principles of
right and wrong. From the start,
children must be trained in habits of
neatness and obedience. Instead of
this the spirit of selfishness and
tyranny and egotism are fostered and
cultivated until there is no living
with them. A sensible writer gives
us the following: "Sentimentalists
have embalmed a mother's tears in
song and story; but the tears a
mother sheds over a wayward son or
daughter are drops of shame, for if
they had been trained to respect the
sensibilities of others, and recognize
the rights of those about them, there
would have been far less cause for
the tears to be shed."

Gleanings

Very delicate colored cashmere,
flannel or other woolen goods may be
cleaned by washing in warm water in
which a tablespoonful of beef's gall
is stirred, to set the color, and a little
of the gall should be used in the rinse
water; but before putting the gar-
ment into the water it must be thor-
oughly brushed and all spots cleaned.
A garment that has become faded or
streaked from wear and washing may
be made to look very well indeed if
ripped apart and colored with some
good wool dye. Partly worn skirts
may be used for children's garments
instead of buying new goods, if
ripped apart, washed, dyed and well
pressed. One of the lost economies
is the making over of the grown per-
son's really good garments for the
small man or woman of the family.
Too many good garments are given
to the rag man, or sent to the so-
called "charities."

A white wool waist should be
washed and rinsed in cold water sud-
ded with white soap, rinsed thor-
oughly in water just a little soapy,
and hung to drip dry. No wringing,
no twisting. If pulled into shape
several times while drying there will
be few wrinkles, and the pressing
will be easier. Press always on the

wrong side, lengthwise of the goods,
to preserve the shape, and the cloth
should be pressed until perfectly dry,
with a moderately hot flat-iron.

There are many days, and especial-
ly evenings, when a light-weight
white serge, mohair, nun's veiling,
or other woollens should be used for
health's sake. But in these days
when health is so little a part of the
feminine consideration, anything of
the kind is seldom provided. The
medical fraternity reaps the benefit of
the woman's, or girl's, unwisdom,
while the penalty of aches and pains
is always exacted.

Never rub woollens on the wash-
board. Rubbing is one way of full-
ing and ruining them. Press and rub
with the hand, changing to other
waters of the same temperature.
Rinse in clear hot water, squeeze dry
and shake well; hang at once in the
sun, pulling into shape frequently
until dry.

Things You Ought to Know

One peck of apples weighs twelve
and one-half pounds; one peck of
carrots, sweet potatoes, or turnips
weighs thirteen and three-fourths
pounds; one peck of onions weighs
fourteen and one-half pounds; one
peck of potatoes or beets weighs fif-
teen pounds; one quart of string
beans or dried apples weighs three-
fourths pound; one quart of dried
peaches weighs one pound and one
ounce; one quart of dried peas
weighs one and one-eighth pounds.

It is claimed that coffee is an ex-
cellent remedy for asthma in some
cases; that it often succeeds admir-
ably where everything else has failed,
if taken very strong—what is called
black coffee; weak coffee does more
harm than good; an ounce (about
two tablespoonfuls) of very strong
coffee is enough, and a large quan-
tity is a positive disadvantage, for
the large quantity is less rapidly ab-
sorbed, and only serves to distend
the stomach. The coffee should be
taken "straight," without sugar or
cream, and sipped by the teaspoon-
ful as hot as can be taken without
burning, the stomach being empty.
If taken on a full stomach it is said
to stop digestion. It is also claimed
that with some people, coffee taken
at meal time, especially late in the
day, is very apt to induce asthma.

Overripe fruit will seldom "jell,"
because the pectin principle, called
pectin, has been changed to pectose;
pectin is found in all fruits, but not
the same amount in all fruits, and
for this reason, some fruits stiffen
into jelly very quickly, while others
will hardly form more than a stiff
syrup. Fruit for jelly should be
gathered in drier times, as, after a
heavy rain, it will not jell so easily.
A very good way to make jelly is to
mix the juice of acid fruits with
that of mild fruits. The sugar
should always be a little less in
quantity than the fruit juices. In a
very hot season, less sugar is needed,
because there is more sugar in the
fruit itself than when the weather is
cold or damp.

Milk Paint for Farm Buildings

We have been asked to give the
following again: A cheap paint,
suitable for farm buildings and
fences, is made of skimmed milk and
hydraulic cement. The cement (which
is sometimes called water-lime) is
placed in a pail and sweet skimmed
milk is gradually added, stirring con-

stantly until the mixture is about
the consistency of thick cream. The
stirring must be thoroughly done, so
as to make the mixture smooth and
free flowing; but if too thin, it will
run when applied to the surface, and
look streaked; the proportions should
be about one gallon of milk, with
enough cement stirred in to make
it just thin enough to flow smoothly;
if too much is prepared at one time,
the cement will set and harden be-
fore it can be used. About one quart
of the cement to one gallon of milk
will be about right, but the user must
have judgment to have it thin enough
to flow from the brush, but not thin
enough to run after it has been ap-
plied. A flat brush, four inches
wide is what is needed to lay on the
paint. It is applied to brick, stone
or to woodwork, and when the paint
is dry, is a light creamy color, or
something of a yellowish stone color.
In laying it on stone or brick, some
recommend that the stone or brick
be wet before applying the paint.

To make a wash with Portland or
Rosendale cement, to three parts of
Rosendale (a little less of Portland)
cement, add one part of fine, clean,
sharp sand; mix thoroughly and re-
duce to a cream-like consistency
with cold water. Not more than a
gallon should be made at one time,
as it hardens quickly, and must be
put on at once. This will give a
granite color.

A red milk paint is made by using
the dry venetian red paint and
skimmed milk, made of the consist-
ency of good cream—just thin
enough to flow well from the brush—
adding a small amount of lamp-black
to darken the color, if liked; this
can be put on the roof of a barn or
other building with a spray pump,
spraying both sides quickly. This
paint is very inexpensive, and is last-
ing and looks well.

Floor Paint With Glue

We have called again for this recipe
given us a year ago by two of our
readers:

Four pounds of yellow ochre, two
pounds of whiting, one-half pound of

OLD AT TWENTY

Return of Youth with Proper Food.

Many persons who eat plenty never
seem to be properly nourished.

That's because the food is not di-
gested and absorbed. Much that is
eaten is never taken up by the system
as real food, and so the tissues simply
starve and the individual may, as in
a recent case, look and feel old in
what should be the bloom of life,
youth.

"At twenty I was prematurely old.
The health and vigor and brightness
of youth had been, as it seemed,
stolen from me. I went to work in
the morning with slow steps and a
dull head.

"My work through the day was un-
satisfactory for my breakfast lay in
my stomach like a hard lump. I was
peevish and the gas in my stomach
was very annoying. After supper I
usually went to bed to toss half the
night from sheer nervousness.

"This was all from indigestion—
caused by wrong eating.

"Finally I tried Grape-Nuts and I
can not describe the full benefits re-
ceived from the food. It gave me
back my health. It has completely
restored good digestion and my ail-
ments have disappeared. I steadily
improved and am now strong and in
perfect health."

Name given by Postum Co., Battle
Creek, Mich. Read "The Road to
Wellville," in pkgs. "There's a Rea-
son."

Ever read the above letter? A new
one appears from time to time. They
are genuine, true, and full of human
interest.